

SPRING 2011 BRANCH SITE CLASS SCHEDULE

Core Conditioning

- Mondays & Wednesdays
- Time: 9:30am - 10:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages. Gain core strength.

Lap Swimming

- M-F
- Time: 12:30 - 1:00pm
- Location: Dobyns-Bennett pool
- No instructor, lap swimming

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES.

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Private Personal training with Tony

- Call for appointment ~ 423-9630653
- Call for Prices
- Instructor: Tony Mays

Step Aerobics

- Mondays & Wednesdays
- Time: 8:30am - 9:30am
- Location: Boys/Girls Club Gymnasium
- Instructor: Chris Hicks
- A 50 – 60 minute workout for all ages and abilities.

Tai-Chi (Beginning Level)

- Tuesdays & Thursdays
- Time: 9:45am - 10:45am
- Location: First Broad Street UMC
- Cost: \$15, pay before first class. Lasts 12 weeks.
- Instructor: Hang Lei
- Ancient Chinese deep breathing exercise
- *Must be a Senior Center member*

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesdays & Fridays
- Time: 10:30am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

Water Aerobics (starting date to be announced)

- Time: 7:00 AM
- Location: Dobyns-Bennett Pool
- Cost: \$2 per session
- Instructor: Tony Mays
- **Sign-up in office**

Total Body Workout

- Wednesdays
- Time: 9:00am - 10:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

***You must be a member of the Kingsport Senior Center to participate in classes at any of the branch locations.**

Kingsport Senior Artisan Center

The Artisan Center at the Lynn View Branch is searching for artists and their work.

We are making plans to implement a new marketing strategy which will include signs, a website and other media advertising.

If you are interested in selling your art at our Consignment Center, please email samples of your work along with a brief artist biography to: price@ci.kingsport.tn.us or call Cindy Price at 392-8402. It is not necessary to be a member of the Kingsport Senior Center, but you must be 50 years of age or older.



Kingsport Senior Artisan Center at Lynn View

Branch Site Locations

Lynn View Community Center

257 Walker Street
Kingsport, TN 37665
(423) 765-0134

First Broad United Methodist Church

100 E Church Circle
Kingsport, TN 37660
(423) 392-8402

Boys & Girls Club

1 Positive Place
Kingsport, TN 37662
(423) 392-8402

V. O. Dobbins Community Center

301 Louis Street
Kingsport, TN 37660
(423) 392-8402